

# Year 9 Core PE- Top Set

## Unit 1c- Cardio-Vascular System



Aerobic/Anaerobic Respiration  
Recovery  
Effects of Exercise



Cardio-Respiratory Topic Test-

## Unit 1c- Circulatory System

Heart and Vessels Structure  
Cardiac Cycle and Pathway  
Cardiac Output



## Unit 1b-Respiratory System



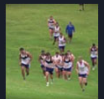
Pathway and Gaseous Exchange  
Breathing Mechanics  
Spirometer Traces



2B Topic Test-

## Unit 2b-Physical Training

Warm up and cool down  
Exercise intensity  
Seasonal Aspects



## Unit 2b-Physical Training



Types of Training  
Specific Types of Training  
The Principles of Training



End of Topic Test  
Health and Fitness & The Components of Fitness

## Unit 2a- Health and Fitness



Health and Fitness  
The 10 Components of Fitness  
Reasons for and limitations of fitness testing



Reasons for and limitations of fitness testing  
Fitness Tests  
How to Carry Out Fitness Tests



End of Topic Test

Energy Use, Diet, Nutrition and Hydration.

End of Topic Test  
Physical, emotional and social health, fitness and well-being & The Consequences of a Sedentary Lifestyle.

The role of carbohydrates, fat, protein, vitamins and minerals.  
Reasons for maintaining water balance (hydration) and further applications of the topic area.



Energy use.  
Reasons for having a balanced diet and the role of nutrients.

## Unit 6-Health, wellbeing and fitness



Obesity and how it may affect performance in physical activity and sport.  
Somatotypes.



## Unit 6-Health, wellbeing and fitness

The meaning of health and fitness: physical, mental/emotional and social health- linking participation in physical activity to exercise, sport to health and well-being.  
The consequences of a sedentary lifestyle.

